

Urgent Care

Urgent Care Centres provide access for unexpected, but non-life threatening health concerns. Addiction and mental health services are available at all Urgent Care Centres throughout the Calgary Zone, including rural areas. The following offer specific resources for addiction and mental health crisis intervention.

Sheldon M. Chumir Health Centre (adult)

Address: 1213 4th Street SW Calgary

Hours: Weekdays 8:00 am – 10:00 pm, Weekends 8:00 am – 8:00 pm

South Calgary Health Centre (all ages)

Address: 31 Sunpark Plaza SE Calgary

Hours: Daily 8:00 am – 10:00 pm

Canmore General Hospital (all ages)

Address: 1100 Hospital PI Canmore

Hours: Daily 2:00 pm – 9:00 pm

Banff Mineral Springs Hospital (all ages)

Address: 305 Lynx Street Banff

Hours: Daily 2:00 pm – 9:00 pm

Emergency Department

If you are experiencing significant addiction and/or mental health problems that you feel require immediate attention, or are at a high risk to harm yourself or others, go to the nearest Emergency Department.

For life-threatening emergencies, please call 911.



For more information

Call: Access Mental Health 403-943-1500 • 1-844-943-1500
or Health Link at 811

Visit: albertahealthservices.ca/options
MyHealth.Alberta.ca, or the AHS app



CONFUSED

angry

unsure

worried

hurt

SCARED

SAD

alone

uncertain

Know Your Addiction & Mental Health Options

Get the care that's right for you and your family.

Learn about the many options available to manage your addiction and/or mental health needs.

If you're not sure where to go, we're here to help.

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Family Physicians

Your family physician is often your first point of contact for your health, including your mental health and addiction-related needs. Family physicians may have appointments available for urgent needs or offer after-hours care. Call your physician's office during business hours. During non-business hours call Health Link at 811.

If you are already connected with an addiction or mental health provider, most services will accommodate an urgent appointment.

Walk-In Services

Adult Addiction Services (adults)

Phone: 403-297-3071

Address: 2nd Floor, 1177 11th Avenue SW Calgary

Hours: Weekdays at 12:45 pm

Service provided: intake and assessment

Youth Addiction Services (youth 12 – 17 years)

Phone: 403-297-4664

Address: 1005 17th Street NW Calgary

Hours: Mon, Wed and Fri from 8:30 am – 10:00 am

Service provided: intake and assessment

Mental Health Walk-In – South Calgary Health Centre (all ages)

Phone: 403-943-9374

Address: 2nd floor, 31 Sunpark Plaza SE Calgary

Hours: Mon to Thurs 4:00 pm – 7:00 pm, Fri 10:00 am – 1:00 pm

Service provided: single session therapy

Mental Health Walk-In – Cochrane Community Health Clinic (all ages)

Phone: 403-851-6100

Address: 60 Grande Blvd Cochrane

Hours: Mon to Thurs 11:00 am – 5:00 pm, Fri 11:00 am – 2:30 pm

Service provided: single session therapy

Addiction and Mental Health Walk-In – Airdrie Regional Health Centre (all ages)

Phone: 403-912-8500

Address: 604 Main Street S Airdrie

Hours: Mon to Fri 1:00 pm – 3:00 pm

Service provided: single session therapy

Wood's Homes Eastside Family Centre (all ages)

Phone: 403-299-9696, 1-800-563-6106

Address: Northgate Mall, 255 495-36th Street NE Calgary

Hours: Mon to Thurs 11:00 am – 7:00 pm, Fri 11:00 am – 6:00 pm,
Sat 11:00 am – 2:00 pm

Service provided: single session therapy

Guardians for those under 18 years should attend the visit.

Crisis Support

Several options are available within Calgary and the surrounding area that provide crisis support and/or counselling.

Addictions Help Line (all ages – 24 hour)

Phone: 1-866-332-2322

Health Link (all ages – 24 hour)

Phone: 811

Mobile Response Team (North of Anderson Road S) or Psychiatric Outreach Response Team (South of Anderson Road S) (youth 12 – 17 years and adult)

Phone: 403-266-HELP (4357) *Access through the Distress Centre*

Hours: Daily 9:30 am – 9:30 pm

Services provided: crisis intervention, crisis stabilization, prevention, urgent psychiatric assessments, and trauma response.

Distress Centre (all ages – 24 hour)

Phone: 403-266-HELP (4357)

Distress Centre ConnecTeen (youth 21 years or less – 24 hour)

Phone: 403-264-TEEN (8336)

Suicide Prevention Line (all ages – 24 hour)

Phone: 1-800-SUI-CIDE (784-2433)

Wood's Homes Community Resource Team (youth 12 to 17 years – 24 hour)

Phone: 403-299-9699, 1-800-563-6106

**Access Mental Health:
Addiction & Mental Health
Information & Referral**

Through telephone consultation, professionals can help you better understand and get connected to the most helpful supports. They are familiar with both Alberta Health Services and community-based programs in the Calgary area for all ages.

Phone: 403-943-1500 • 1-844-943-1500 / Hours: Monday to Friday from 8:00am – 5:00pm